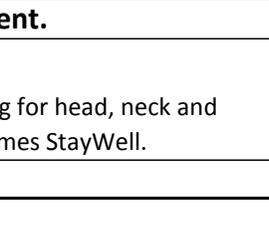


SHALLOW WATER SPINAL IMMOBILIZATION WITH HEAD SPLINT TECHNIQUE

SYMPOSIUM FACULTY INSTRUCTOR KIM VANBENSCHOTEN, MS, EMT-I, EMS EDUCATION COORDINATOR

R1=RESCUER 1		R2=RESCUER 2	
1. Provide in-line stabilization with head splint.		1. Clear pool.	
2. Continue in-line stabilization and move towards pool wall.		2. Retrieve backboard.	
3. Move elbow that is under victim to top of backboard; continue applying pressure on both arms to maintain in-line stabilization.		3. Submerge backboard (long edge at a 90 degree angle to water surface), under the victim with the head near the top edge (victim will slide down). Raise backboard to support victim.	
4. Release grip on victim's arms; lower victim's arms.		4. Place one hand on the jaw below the lower lip and forearm on the sternum. Place the other hand/forearm under backboard at head area; use hand/forearm to support the backboard.	
5. Move to head of backboard and place a rescue tube under the head end of the backboard.		5. Secure chest, hip and thigh strap. Recheck all straps.	
6. Stand with back to pool wall and support backboard with forearms and chest.		6. Secure head blocks-next to side of head and shoulder area.	
7. Provide in-line stabilization with hands.		7. Secure <u>head strap(s) per local protocol.</u>	
8. Hold backboard securely while moving from head end to side to the backboard.		8. Hold backboard securely from the side while R1 moves from pool wall to side of backboard.	
9. With R2 lift head end of backboard to rest on the pool edge.		9. With R1 lift head end of backboard to rest on the pool edge.	
10. With R2 lift head end of backboard to rest on pool edge beyond head immobilizer.		10. With R1 lift head end of backboard to rest on the pool edge beyond head immobilizer.	
Use rescue tubes at either end of the backboard for support, as needed.			
11. Exit water.		11. Secure backboard by holding pool wall with one hand and backboard with the other hand.	
12. Secure backboard by holding the head end of the backboard with both hands.		12. Exit water.	
Each rescuer holds a corner at the head end of the backboard.			
Slide/pull the backboard out of the water and lower gently-->back straight, knees bent, smooth movement.			
 BRIDGEWATER COLLEGE COLLEGE of CHARACTER COMMUNITY of EXCELLENCE		Reference: American National Red Cross. (2012). Caring for head, neck and spinal injuries. <i>Lifeguarding manual</i> . USA: Krames: Krames StayWell.	